



01 Jan 2019

Red Folder Resources 2019

Missouri University of Science and Technology. Counseling Services

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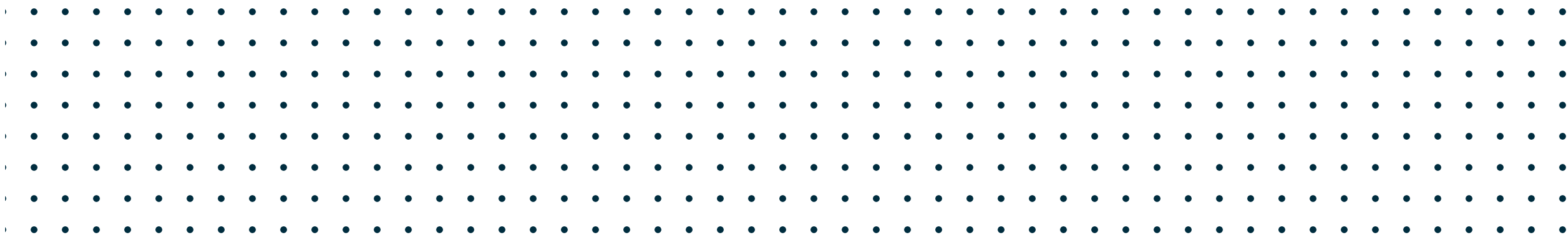
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Student Affairs

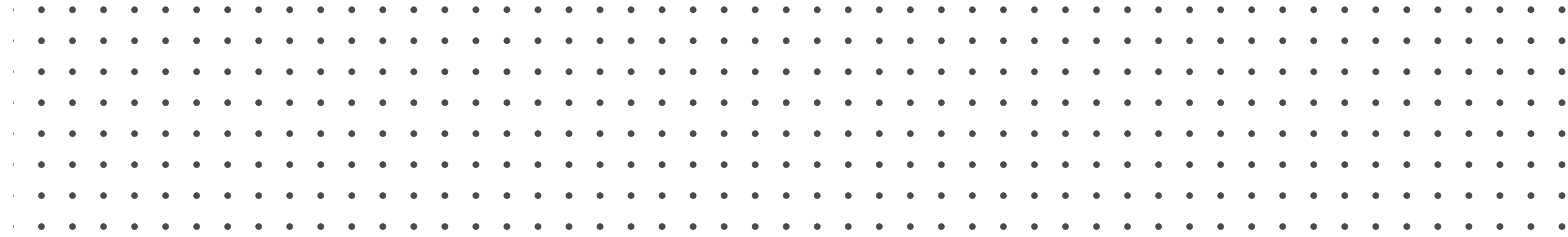
CAMPUS RESOURCES

CONTENTS



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- STUDENT SUCCESS CENTER

UCARE



HOW CAN I REPORT?

Staff and faculty are in a unique position to demonstrate compassion to our students who are in distress. Students may feel alone, isolated, or hopeless when faced with challenges. You may be the first person to notice because you have frequent and prolonged contact with them.

SAFETY FIRST

- > Don't hesitate to call for help. Know your limits.
- > You aren't expected to solve the problem.
- > Seek support yourself if needed.
- > Listen sensitively and carefully.
- > Use a non-confrontational approach and a calm voice.
- > Don't criticize or judge.
- > Try using the phrase, "I've noticed and am concerned. Are you aware that there are resources available to help you?"
- > Explain the impact of their behavior. Know your campus resources.
- > Be proactive. Engage students as soon as you see an issue.
- > Be Direct. Ask students about what you see.
- > Follow through.
- > Refer the student to the appropriate resource and encourage them to make appointment.
- > Consult and document.

CAMPUS RESOURCES

- > Care Coordination: 573-341-4211
- > Counseling Services: 73-341-4211
- > Dean of Students: 573-341-4292
- > Equity & Title IX 573-341-7734
- > International and Cultural Affairs: 573-341-4208
- > Office of Graduate Studies: 573-341-4141
- > Office of Academic Support: 573-341-7276
- > Residential Life: 573-341-4218
- > Student Health Services: 573-341-4284
- > S&T Police: 573-341-4300
- > Testing and Student Disability Services: 573-341-6655
- > Miner Wellness: 573-341-4225

RESOURCE INFORMATION

ucare.mst.edu/facultystaff

Ask.Listen.Refer.
asklistenrefer.org/mst

CONTACT

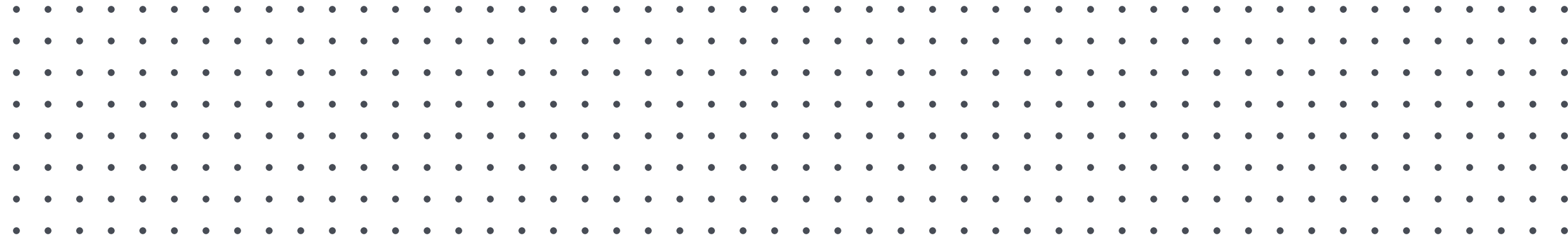
ucare.mst.edu
Email: ucare@mst.edu

Krista Morris-Lehman
Care Coordinator
[morislehman@mst.edu](mailto:morrislehman@mst.edu)
573-341-4211

Patti J. Fleck
Director - Counseling Services
pfleck@mst.edu
573-341-4211

Barb S. Prewett
Assistant Dean of Students
bprewett@mst.edu
573-341-4209

UCARE



SIGNS OF DISTRESS

- > Decline in academic or work performance
- > Repeated absences
- > Requests for special considerations that aren't warranted
- > Disruptive or disturbing behavior
- > Dramatic changes in appearance, behavior, or weight
- > Problems at home, work, or with classes
- > Making disturbing comments in email, letters, online, or assignments
- > Agitation, anxiety, or dramatic mood shifts
- > Garbled, tangential, disconnected, or slurred speech
- > Problems with alcohol or drugs
- > Sad, isolating behaviors
- > Excessive fatigue or sleeping in class or at work
- > Paranoid or suspicious behaviors
- > Frequently angry, easily frustrated, or extreme irritability
- > Struggles with mental health or physical health
- > Threats to self or others
- > Expressions of concern about the student by peers
- > Injuries
- > Suspected abuse

HOW DO I REPORT?

EMERGENCY

If the student shows reckless, dangerous, or threatening behavior, call 911 or S&T Police at **573-341-4300**; then submit **UCARE report** at ucare.mst.edu

NON EMERGENCY

If the student is showing signs of distress, but you aren't sure of the severity, contact Counseling Services or UCARE for a consultation. Submit a UCARE report if needed. If after hours or a holiday, call S&T Police at **573-341-4300**.

If the student is having academic or personal problems and could use support or additional resources, refer to appropriate resources and submit UCARE report.

WHAT ABOUT PRIVACY?

FERPA allows university faculty and staff to share observations about student behavior, student statements, and concerns about students with S&T personnel who have responsibility for the welfare of students, including law enforcement. FERPA and other privacy regulations allow S&T officials to release information to police, parents, or others whose knowledge of the information is necessary to protect the safety and health of the student or others. Consideration for student privacy should be given before information is shared with people other than those suggested above. Questions about when such disclosure is appropriate can be answered by the campus general counsel.



University Committee for Assistance, Response, and Evaluation (UCARE)

CHALLENGE: Available information is often scattered with various individuals having different pieces of the puzzle

WHEN TO REPORT

If you know a student who appears to be....

- **Experiencing a decline in work or academic performance**
- **Demonstrating disruptive or disturbing behavior**
- **Showing dramatic changes in appearance, behavior or weight**
- **Having problems at home, with classes or work**
- **Making disturbing comments in email, letters, web or papers**
- **Hyperactive, anxious or experiencing dramatic mood shifts**
- **Abusing alcohol or drugs**
- **Sad or isolating socially**
- **Acting paranoid or suspicious**
- **Frequently angry or easily frustrated**
- **Struggling with health problems**

MISSOURI
S&T

A MULTIDISCIPLINARY APPROACH
TO MAKE OUR CAMPUS THE
SAFEST ENVIRONMENT POSSIBLE

ucare.mst.edu

HOW TO REPORT

REPORT
ONLINE
ucare.mst.edu

UCARE
ucare@mst.edu
341-4209

Krista Morris-Lehman
[morislehman@mst.edu](mailto:morrislehman@mst.edu)
341-4211

Resource Information
[stuaff.mst.edu/ucare/fac-
ultystaff/](http://stuaff.mst.edu/ucare/facultystaff/)

Ask.Listen.Refer.
asklistenrefer.org/mst

HOW TO TALK TO A STUDENT ABOUT YOUR CONCERN (NON-EMERGENCY)

Consult

- Report online, email ucare@mst.edu or contact the [Care Coordinator](#) (573-341-4211), [Counseling Services](#) (573-341-4211), or [Dean of Students Office](#) (573-341-4209) when in question.

Be Available

- Talk to the student in private and give your undivided attention.
- Showing patience and concern may be enough to help the student feel supported.

Listen

- Listen in a sensitive, non-threatening way and express concern.

Communicate

- Let the student talk and communicate understanding by paraphrasing.

Give Hope

- Assure the student that things will get better and suggest options.
- Express use of resources (friends, family, campus).

Maintain Boundaries

- Maintain clear and consistent boundaries and expectations.

Refer to Other Resources When:

- There is a law or policy violation.
- Problem is more serious than you are comfortable with.
- Personal feelings may interfere with your objectivity.
- Student admits that there is a problem, but doesn't want to discuss it.

PRIVACY

- FERPA allows university faculty and staff to share observations about student behavior, student statements, and concerns about students with S&T personnel who have responsibility for the health, safety, and welfare of students. FERPA and other privacy regulations allow S&T officials to release information to others when it is necessary to protect the health, safety, and welfare of the student and/or the campus community. Consideration for student privacy should be given before information is shared.



stuaff.mst.edu | stuaff@mst.edu

UCARE was formed following incidents that highlighted the need for greater communication and preparedness regarding students facing distress. UCARE focuses on prevention and effective response strategies.



REFERRAL STATISTICS

Year	13-14	14-15	15-16	16-17	17-18
Referral	45	55	286	372	389

What does UCARE do?

- Prevention and planning
- Consults and communicates
 - Gathers information
- Assesses circumstances
- Develops action plans
 - Responds
- Process improvement



CARE COORDINATION

carecoordination.mst.edu



Services Include

- > Assistance navigating campus and community resources
- > Referrals to on- or off-campus resources
- > Exploration of and referral for mental health or physical health concerns
- > Coordination and follow up during and after hospitalization and/or medical leaves of absence
- > Help managing complex medical needs
- > Crisis management
- > Problem solving
- > Strengthen support systems and self-advocacy skills
- > Provide support, monitoring, and follow up services
- > Identify needs, resources, and support systems

202 Norwood Hall

573-341-4211

cc@mst.edu



Care Coordination

Community Resources

Mental Health

- S&T Counseling Services 204 Norwood 573-341-4211
- The Center Clinic 575 Blues Lake Parkway 573-364-2007
- Pathways 1450 E. 10th St. 888-403-1071;
Triage Hours: Mondays & Thursdays 9am-11am, Tuesdays 1pm-3pm
- Your Community Health 1081 E. 18th St. 573-426-4455
- Suicide Prevention Hotline 800-273-8255
- Crisis Text Line Text HOME to 741741
- Ask. Listen. Refer. <http://www.asklistenrefer.org/mst>

Health Care

- S&T Student Health Services 910 W. 10th St. 573-341-4284
- Phelps Health 1000 W. 10th St. 573-364-9000
- Mercy Clinic 1605 Martin Spring Dr. 573-458-6300
- Your Community Health 1081 E. 18th St. 573-426-4455
- Tri-Rivers Family Planning 1032 B Kingshighway 573-364-1509

Local Resources (call for more information and qualifying details)

- S&T Student Emergency Fund 202 Norwood 573-341-4211
- S&T Student Diversity Initiatives Food Pantry 605 W. 11th St. 573-341-7286
- GRACE (help with rent, utilities, food) 601 N. Elm St. 573-368-5577
- Phelps County Food Distribution (3rd Saturday of the month) 573-368-3040
- Greentree Mobile Food Pantry (1st Tuesday of the month) 573-364-2649
- The Mission (laundry, meals) 708 N. Main St. 573-308-5474
- Salvation Army (help with rent, utilities, food) 102 E. 4th St. 573-368-4919

**This list is not exhaustive and does not imply endorsement by Missouri S&T. Please contact the Care Coordinator at cc@mst.edu or 341-4211 for more referrals.*



COUNSELING SERVICES

STUDENT EMERGENCY FUND

The Missouri University of Science and Technology Student Emergency Fund was established by Counseling Services in 2016. The fund assists S&T students by providing financial support with unexpected emergency expenses. Students sometimes have unforeseen circumstances that greatly impact their lives. The fund allows students to meet their needs and continue their education.

EXPENSES POTENTIALLY COVERED



GROCERIES



MEDICAL



BOOKS



SAFETY NEEDS



PERSONAL BELONGINGS



TRAVEL

APPLICATION PROCESS

1

Complete the Student Emergency Fund application thoroughly and submit any supporting documentation.

2

Meet with the care coordinator to discuss your situation.

3

Committee reviews the application and makes a decision. Criteria for approval will be based on eligibility, documentation of need, and availability of funds.

4

Payments are made directly to vendors and outside parties.

ONE TIME FUNDING OF

\$25 - \$500

THAT DOES NOT
NEED TO BE REPAID

For more information visit
carecoordination.mst.edu

STUDENT EMERGENCY FUND

The Missouri University of Science and Technology Student Emergency Fund was established by Counseling Services in 2016. The fund assists S&T students by providing financial support with unexpected emergency expenses. Students sometimes have unforeseen circumstances that greatly impact their lives. The fund allows students to meet their needs and continue their education.

Students may apply for the fund once they have exhausted other resources. The funding is a one time option and does not need to be repaid. Students who are in need of funds may submit an application and appropriate documentation to the care coordinator. Students set up a brief meeting with the care coordinator to make sure they have appropriate follow up in place. Funds are provided only when there is funding available and are generally awarded in amounts between \$25-\$500. After submitting the required form and documentation and meeting with the care coordinator, students will be informed of the decision along with follow up instructions. Decisions are made by a three person committee. The committee will receive appropriate information about the situation.

ELIGIBILITY REQUIREMENTS

- > Applicants must have a financial hardship resulting from an emergency, accident, or other unexpected critical incident. This hardship must have a direct impact on the student's academic success at the university.
- > Applicants must be currently enrolled students. It is strongly preferred that they be in good standing academically and not on disciplinary probation.
- > Resources, including emergency loans through Student Financial Assistance, must have been considered and are insufficient, unavailable, or not available in a timely manner. Emergency funds are generally not used for ongoing needs. The student may work with the care coordinator to look at permanent solutions.
- > Applicants must complete the form below and submit supporting documentation.

EXPENSES POTENTIALLY COVERED

- > Groceries
- > Medications and other costs related to medical care
- > Safety needs (i.e. changing a lock)
- > Replacement of essential personal belongings due to fire, theft, or natural disaster
- > Travel costs related to a death or illness in the immediate family

EXPENSES NOT COVERED

- > Tuition and fees
- > Parking tickets or other fines
- > Non-essential utilities (i.e. cable), household, or furniture costs not related to damage or theft

GIVING

The number of students who can be served by from this resource is limited by the availability of funds. The fund is sustained by continual contributions from alumni, parents, faculty, staff and friends of the University. To make tax deductible donations, please contact University Advancement at **800-392-4112** or **giving.mst.edu** (choose Other and write in Student Emergency Fund).

For more information please contact **Krista Morris-Lehman** (cc@mst.edu or 341-4211) or visit carecoordination.mst.edu

APPLICATION PROCESS

- 1 Complete the Student Emergency Fund application thoroughly and submit any supporting documentation.
- 2 Meet with the care coordinator to discuss your situation.
- 3 Committee reviews the application material and makes a decision. Criteria for approval will be based on eligibility, documentation of need, and availability of funds.
- 4 Payments are made directly to vendors and outside parties.

STUDENT EMERGENCY FUND

Full Name: _____ Student ID#: _____

Email Address: _____ Cell Phone Number: _____

Local Address: _____ Permanent Address: _____

Current Year in School: _____ Major: _____

Are you currently enrolled at Missouri S&T? Yes ☐ No ☐

Are you currently receiving financial aid? Yes ☐ No ☐

Please indicate the purpose for the funds (i.e. food, medical bills, etc.): _____

Amount of funds requested: _____

Please explain why these funds are needed. How will the funds be used, if granted?

How may these unexpected expenses affect your ability to remain enrolled at Missouri S&T?

Please explain your efforts to look into other resources for assistance with these unexpected expenses (i.e. family, community, campus resources):

Please attach documentation (i.e. copy of bills, receipts, legal notices, etc.)

Signature: _____ Date: _____

By signing this document I realize information about my situation will be shared with a three person committee made up of the care coordinator and two other S&T staff.

Approved ☐

Not Approved ☐

Pending ☐

Notes: _____

Name: _____ Signature: _____ Date: _____

Name: _____ Signature: _____ Date: _____

Name: _____ Signature: _____ Date: _____

COUNSELING SERVICES

counsel.mst.edu



Our professionally licensed mental health providers offer solution-focused, brief treatment to students and time-limited services to benefit-eligible staff and faculty.

Let us help you with

- > Stress management
- > Depression
- > Family concerns
- > Clarifying interests
- > Conflict resolution
- > Grief
- > Motivation
- > Selecting a major

204 Norwood Hall

573-341-4211

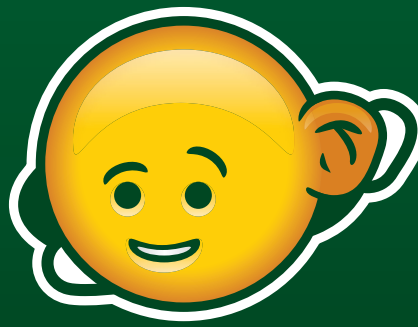
counsel@mst.edu



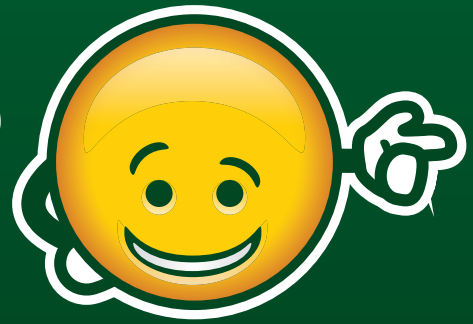
Student Affairs



ask



listen



refer

Experiencing a suicidal crisis can feel unsettling, painful, and overwhelming.

Many students have never directly dealt with a suicidal person, and when such a situation presents itself, they are likely to feel helpless and overwhelmed. The following guidelines are presented to help provide a sense of direction and facilitate the helping process.

Know the Warning Signs

Although most depressed people are not suicidal, most suicidal people are depressed – know the warning signs of depression:

- Feelings of worthlessness or guilt
- Pessimism
- Hopelessness
- Loss of interest/pleasure in formerly enjoyable activities
- Change in appetite or weight
- Sleep problems
- Helplessness
- Anxiety
- Social withdrawal
- Decrease in sexual drive
- Fatigue or loss of energy
- Diminished ability to think or concentrate, slowed thinking or indecisiveness
- Thoughts of death, suicide, or wishes to be dead
- Unrelenting low mood

There are other signs that someone may be considering suicide

- Increased use of alcohol and/or other drugs
- Recent impulsiveness and taking unnecessary risks
- Current talk of suicide, expressing strong wish to die, or talking about wanting “pain” to end
- Making a suicide plan
- Giving away prized possessions
- Saying goodbye to friends/family
- Purchasing a firearm
- Obtaining other means of killing oneself

What to Do

Ask and listen. Talking about the person's thoughts openly and frankly can help prevent a person from acting on them. This may include asking if the person has a particular plan or method in mind.

You might think mentioning suicide may give the person the idea but this is highly unlikely; if someone is showing warning signs of being suicidal, he or she has, in all likelihood, already thought about it.

Give hope. Sometimes people can't think of any other solutions to what is causing the distress. You can acknowledge that the person currently feels hopeless but also convey that things can get better and there are other options. You may even be able to offer some alternative actions.

Do not attempt to argue anyone out of suicide. Rather, let the person know you care and understand, that he or she is not alone, that suicidal feelings are temporary, that depression can be treated, and that problems can be solved. Avoid the temptation to say things such as, "You have so much to live for," or "Your suicide will hurt your family or friends."

Be genuine. If professional help is indicated, a person is more apt to follow such a recommendation if you have genuinely listened to him or her.

Refer Person to Seek Professional Help

Be actively involved in encouraging the person to see a physician or mental health professional immediately. Individuals contemplating suicide don't believe they can be helped, so you may have to do more such as offering to go with the person to his/her appointment.

In an Acute Crisis

(If you are still worried the person may harm him/herself)

- **Dial 911 if immediate assistance is needed**, particularly if you feel the person has already taken action (e.g., swallowed pills) or may do so without quick intervention.
- Find local resources for help by visiting suicide.missouri.edu and navigate to the 'Looking for help?' section.
- You or the person about whom you are concerned may call the Mid-MO 24-hour crisis hotline at (800) 395-2132, or the National Suicide Prevention Life-line at (800) 273-8255.

Remember to stay with the person (or on the phone) until help is available.

Resources Available in Missouri

- **Mid-Missouri Crisis Hotline:** (800) 445-5035
- **The Trevor Lifeline:** (866) 4-U-TREVOR (866-488-7386)
- **Veterans Suicide Prevention Lifeline:** (800) 273-8255 ext. 1
- **Suicide Prevention Resources Website:** suicide.missouri.edu

Want to learn more about how to help a friend?

Visit the Ask Listen Refer website at asklistenrefer.org and click on your campus!

Written by the University of Missouri Counseling Center, 119 Parker Hall, Columbia, MO 65211. (573) 882-6601
This publication is brought to you by Partners in Prevention, a coalition of twenty universities in Missouri.
Partners in Prevention is funded by the Missouri Department of Mental Health.



STUDENT HEALTH SERVICES

studenthealth.mst.edu



Our mission at student health is to keep students healthy and reduce the amount of class time missed due to illness. Student Health is here to care for students if they get sick or injured while on campus. Student Health provides non-emergency medical treatment for most illnesses or injuries.

Services Offered

- > Routine Office Visits
- > Preventative Healthcare
- > Orthopedics and Sports Medicine
- > Travel Medicine
- > Procedures
- > Laboratory
- > Allergy Injections
- > Medical Equipment
- > ADHD/ADD

910 W. 10th St
573-341-4284
mstshs@mst.edu

MINER WELLNESS

Through health education and promotion, Miner Wellness strengthens the well-being of S&T students and reduces the impact of high-risk behavior



- Workshops and presentations
- Bystander Intervention (STEP UP!)
- Campus events and student-led programming (Joe's PEERS)
- Information/awareness tables
- Individual consultations
- Student Health 101 online magazine
- Brief Alcohol Screening & Intervention for College Students (BASICS)
- Cannabis Screening & Intervention for College Students (CASICS)
- Miner Oasis



Miner Wellness
201 & 203 Norwood Hall
573-341-4225

healthed@mst.edu : minerwellness.mst.edu



STUDENT DISABILITY SERVICES

dss.mst.edu



A disability does not have to be a barrier to your academic success. The SDS office ensures that qualifying students have a level playing field on which to pursue their educational goals.

The SDS staff works individually with students to provide:

- > Academic accommodations and support services within resources of S&T
- > Equal access to classrooms, course curriculums, and sponsored programs
- > Specialized accommodative services based on the student's needs and documentation

G-10 Norwood Hall

573-341-6655

dss@mst.edu

HOW TO FILE A REPORT

TO FILE A COMPLAINT, CONTACT THE TITLE IX COORDINATOR:

Neil A. Outar, J.D.
203 Centennial Hall
300 W. 12th St.
573-341-6038, 573-202-4185 (after hours)
naoutar@mst.edu
iedi.mst.edu

TO RECEIVE CONFIDENTIAL SUPPORT, CONTACT:

Counseling Services

204 Norwood Hall
320 W. 12th St., Rolla, MO 65409
573-341-4211
counsel@mst.edu

Student Health Services

910 W. 10th St., Rolla, MO 65409
573-341-4284
mstshs@mst.edu

96 PERCENT OF COLLEGE SEXUAL ASSAULT
CLAIMS LIST ALCOHOL AS A FACTOR
(UNITED EDUCATORS, 2011).

IT'S NOT YOUR FAULT, EVEN IF ...

- The other party was an acquaintance or you had some form of relationship with that individual.
- You have been sexually intimate with that person or with others before.
- You were drinking or using drugs.
- You froze and did not or could not respond.
- You were wearing clothes that others may perceive to be seductive.

REPORTING: THE DECISION IS YOURS

A variety of resources are available to assist you in moving forward after a sexual assault. While the following courses of action are not mutually exclusive, the information will assist you in making an informed decision about your options:

SUPPORT

If your main objective is to obtain support, S&T Counseling Services and the Emergency Room have trained professionals that are available to help you focus on emotional and physical healing.

S&T Counseling Services: 573-341-4211
Rolla Emergency Room: 573-458-8899

ADMINISTRATIVE RESPONSE

If you would like to report the sexual misconduct in order to seek administrative action within the University constructs, the Title IX coordinator is here to assist you in understanding the process.

Title IX Coordinator: 573-341-6038

LEGAL OPTIONS

If you wish to pursue criminal charges, S&T Police and/or Rolla Police Department can assist you.

University Police Dept.: 573-341-4300
Rolla Police Dept.: 573-364-1213

RESOURCES AND SUPPORT

CAMPUS

MISSOURI S&T UNIVERSITY POLICE DEPARTMENT

G10 Campus Support Facility
1201 N. State St.
Rolla, MO 65409
573-341-4300, police@mst.edu
police.mst.edu

DEAN OF STUDENTS OFFICE

Community Standards and Student Conduct
107 Norwood Hall
320 W. 12th St.
Rolla, MO 65409
573-341-4292, values@mst.edu
communitystandards.mst.edu

CAMPUS TITLE IX COORDINATOR

Neil A. Outar, J.D.
Interim Chief Diversity Officer
203 Centennial Hall
300 W. 12th St.
573-341-6038, 573-202-4185 (after hours)
naoutar@mst.edu

DEPUTY TITLE IX COORDINATOR

Benjamin White
Interim Director of Equity and Title IX
203 Centennial Hall
300 W. 12th St.
573-341-4328
benjamin.white@mst.edu

ATHLETIC TITLE IX DEPUTY

Debbie Hickey
Compliance CCR/FSCL Admn-Athletics
G-2 Gale Bullman Multi-Purpose Building
705 W. 10th St.
Rolla, MO 65409
573-341-4178
dhickey@mst.edu

DID YOU KNOW?

Phelps Health provides rape examinations by specially trained nurses and basic medical care. **The exam is free and confidential.** It is not necessary to make a police report to utilize these services.

OFF-CAMPUS

ROLLA POLICE DEPARTMENT

1007 N. Elm St., Rolla, MO 65401
573-308-1213
Confidential Hotline: 573-364-0111
rollacity.org/police/police.shtml

PHELPS HEALTH

1050 W. 10th St., Rolla, MO 65401
573-458-8899
phelpshealth.org

RUSSELL HOUSE

Phelps County Family Crisis Service
Telephone: 573-364-0579
Domestic Violence Hotline: 573-364-0222
Sexual Assault Crisis Hotline:
1-888-570-3703 russellhouse.info

PATHWAYS COMMUNITY HEALTH

1450 E. 10th St., P.O. Box 921, Rolla, MO 65402
573-364-7551, 573-364-4898 fax
compasshealthhome.org/pathways-
community-health

PHELPS COUNTY COURT HOUSE ADVOCATE COURTHOUSE

200 North Main St., Rolla, MO 65401
573-458-6160, 573-364-8594 (fax)
573-458-6265 (office), 573-578-8653 (cell)

PREVENTION CONSULTANTS OF MISSOURI

104 E. 7th St., Rolla, MO 65401
573-368-4755, 573-368-2780 (fax)
jamie@preventionconsultants.org

TRI-RIVERS FAMILY PLANNING, INC.

1032 B Kingshighway, Rolla, MO 65401
573-364-1509
tririversfamilyplanning.org

OFFICE FOR CIVIL RIGHTS

U.S. Department of Education
Region VII – Kansas City (Kansas, Missouri,
Nebraska, Oklahoma, South Dakota)
8930 Ward Parkway, Suite 2037
Kansas City, MO 64114-3302
816-268-0550

WHAT YOU NEED TO KNOW

about sexual discrimination, harassment,
violence, stalking and relationship violence.

MISSOURI
S&T

For additional resources, information, and links to Title IX policies, visit equity.mst.edu.

DID YOU KNOW?

Among undergraduate students, 23.1% of females and 5.4% of males experience rape or sexual assault through physical force, violence, or incapacitation.

(RAINN.ORG)

CONSENT TO SEXUAL ACTIVITY IS KNOWING AND VOLUNTARY.

Someone who is incapacitated cannot consent. Silence or absence of resistance does not establish consent. Consent to one form of sexual activity does not imply consent to other forms of sexual activity. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent must be obtained at the time of the specific activity and can be withdrawn at any time. Lack of consent or withdrawal of consent may be communicated by words or non-verbal acts. Coercion and force, or threat of either, invalidates consent.

INCAPACITATION OCCURS WHEN AN INDIVIDUAL LACKS THE ABILITY TO MAKE RATIONAL, REASONABLE JUDGMENTS AS A RESULT OF ALCOHOL (OR OTHER DRUG) CONSUMPTION.

An incapacitated person cannot give a valid consent. Having sexual activity with someone whom you know to be, or should know to be, incapacitated (mentally or physically) is a violation of university policy.

- Sexual contact with someone one knows to be or should know to be incapacitated is a violation of policy.
- Incapacitation can be due to the use of drugs or alcohol, when a person is asleep or unconscious, or because of an intellectual or other disability that prevents the individual from having the capacity to give consent.

S&T – A CARING COMMUNITY

DO SOMETHING WHEN YOU SEE RISKY BEHAVIOR.

- If you witness someone trying to lead an intoxicated person into a private room, see someone feeding drinks to another person, or acting sexually aggressive; find a friend to help you and intervene.
- Likewise, pay attention to your friends so that you can help them if they are being targeted in a vulnerable situation.

Learn more about bystander intervention and the Step Up training program at stepup.mst.edu.

SEXUAL DISCRIMINATION OCCURS WHEN A PERSON HAS BEEN TREATED UNFAIRLY BASED ON SEX, GENDER IDENTITY, OR GENDER EXPRESSION.

Specifically, the UM System prohibits the following forms of sex discrimination: sexual harassment, sexual misconduct, sexual exploitation, stalking on the basis of sex and dating/intimate partner violence.

Examples include:

- Being refused an assistantship because you are a woman.
- Being denied admission to a University event because you are a man.
- Being touched in a sexual manner without your consent.

SEXUAL MISCONDUCT IS DEFINED AS:

1. Nonconsensual sexual intercourse.
2. Nonconsensual sexual contact involving the sexual touching of the genitals, breast or anus of another person or the nonconsensual sexual touching of another with one's own genitals whether directly or through the clothing.
3. Exposing one's genitals to another under circumstances in which he or she should reasonably know that his or her conduct is likely to cause affront or alarm.
4. Sexual exploitation.

SEXUAL HARASSMENT IS DEFINED AS:

1. Unwelcome sexual advances or requests for sexual activity by a person or persons in a position of power or authority to another person, or
2. Other unwelcome verbal or physical conduct of a sexual nature by a person to another person, when:

1. Submission to or rejection of such conduct is used explicitly or implicitly as a condition for academic or employment decisions.
2. Such conduct creates a hostile environment by being sufficiently severe or pervasive and objectively offensive that it interferes with, limits or denies the ability of an individual to participate in or benefit from educational programs or activities or employment access, benefits or opportunities.



HERE'S HOW WE CAN HELP.

IF YOU EXPERIENCE SEXUAL VIOLENCE

1. Go to a safe place, and contact someone who can help you; a friend, family member, or call a resource (campus and off-campus resources are listed the back cover of this publication).
2. Assist in preserving evidence. Do not change clothes, shower, douche, comb hair, brush teeth, eat, or drink. If possible, do not urinate.
3. Get a medical examination to ensure proper treatment. There may be hidden physical injuries.
 - Request that a rape examination be performed and any evidence be stored.
 - Inquire about the tests for HIV, pregnancy, and other sexually transmitted diseases.
4. Arrange for confidential counseling.
5. Write down everything you can remember happening. This will help with your own healing process and in any legal action you might choose to take.

DON'T BE AFRAID TO REPORT.

Knowing that students may hesitate to report these incidents because of the fear of potential consequences, Missouri S&T has established an amnesty policy. This policy may protect complainants and witnesses from disciplinary actions for minor student conduct violations related to the incident. The university also prohibits retaliation against any person for participating an investigation or proceeding involving allegations of sex discrimination, sexual harassment, or sexual misconduct.

12.5

percent of rape incidents were reported to any official, university or otherwise.

(Bureau of Justice 2016)

INTERIM PROTECTION

Throughout the process, we will do our best to ensure the safety, emotional and physical well-being of all parties involved. The Title IX coordinator (or other authorized administrators) may provide one or more of the following interim remedies for both the complainant and the accused:

1. Refer and facilitate access to counseling, medical services and/or mental health services.
2. Limit contact.
3. Adjust courses, assignments, exam schedules.
4. Adjust work schedules, work assignments, supervisory, responsibilities, supervisor reporting responsibilities or work arrangements.
5. Alter on-campus housing assignments, dining arrangements or other campus services.
6. Alter extracurricular activities.

Missouri S&T
does not
discriminate on
the basis of race,
color, religion,
national origin, sex,
sexual orientation,
gender identity,
gender expression,
age, disability
or status as a
protected veteran.



HEAR IT. SEE IT. REPORT IT.

Report all incidents of discrimination, discriminatory harassment, sexual harassment, sexual misconduct, domestic violence, stalking and sexual violence. You may use any or all of the following courses of action:

SUPPORT (CONFIDENTIAL)

Trained professionals are available to help with emotional and physical healing.

Counseling Services

204 Norwood Hall, 320 W. 12th St., Rolla, MO, 65409
573-341-4211, counsel@mst.edu

Student Health Services

910 W. 10th St., Rolla, MO 65409, 573-341-4284, mstshs@mst.edu

Phelps Health

1050 W. 10th St., Rolla, MO 65401, 573-458-8899, phelpshealth.org

ADMINISTRATIVE RESPONSE

The Title IX Coordinator will help you in understanding the process of seeking administrative action according to university policies. More information about Title IX is available at equity.mst.edu. You can also report online at equity.mst.edu/reporting.

Title IX Coordinators

Neil A. Outar, J.D., Title IX Coordinator

Interim Chief Diversity Officer
203 Centennial Hall
300 W. 12th St.
573-341-6038, 573-202-4185 (after hours), naoutar@mst.edu

Benjamin White, Deputy Title IX Coordinator

Interim Director of Equity and Title IX
203 Centennial Hall
300 W. 12th St.
573-341-4382, benjamin.white@mst.edu

LEGAL OPTIONS

If you wish to pursue criminal charges, S&T Police and/or Rolla Police Department can assist you.

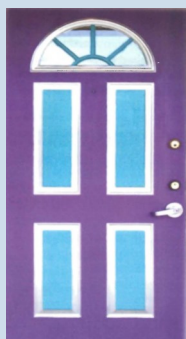
University Police Department

G10 Campus Support Facility, 1201 N. State St., Rolla, MO 65409
573-341-4300, police@mst.edu, police.mst.edu

Rolla Police Department

1007 N. Elm St., Rolla, MO 65401, 573-308-1213.
Confidential Hotline: 573-364-0111, rollacity.org/police/police.shtml

Equity & Title IX and the Russell House invite you to:



Speak to an **ADVOCATE**

EVERY WEDNESDAY

11:00 AM - 1:00 PM

Curtis Laws Wilson Library - Rm 313

Russell House advocates are committed to providing confidential support to anyone with questions or concerns regarding bullying, cyber bullying, sexual violence or harassment, dating or domestic violence, healthy relationships, bystander intervention, stalking, etc. Russell House advocates are not affiliated with the university and are not attorneys, but provide information, resources, and support to students, faculty, and staff. All services are free and confidential.

For more information please contact Equity and Title IX at 573.341.7734 or

equity@mst.edu.



Equity and Title IX



Russell House

Enjoy the trip towards academic success!

You served, now let us serve you. We aim to be a one-stop shop. We provide the necessary tools to ensure that all veterans and service members can reach their educational goals. We offer the support and resources you deserve.



- Enjoy our well-equipped facility. Sit down, study, chat, and relax. Let us be your home away from home.
- Seek information and advice from our Student Veteran Advisor and our Veteran Resource Coaches. They will answer your questions about campus and collegiate life.
- Utilize our in-house resource archive for help with: academics, Veterans Affairs, GI Bill, University programs, and more!

Mission Statement

The mission of the Student Veterans Resource Center is to serve all Missouri S&T student veterans and service-members as a campus resource that will provide high-quality customer service, effective information, and support as students persist towards their educational goals.



Flags posted at our Heroes' Field event, Nov. 2017



"Like" us on Facebook:
**S&T Student Veterans
Resource Center**



Email us at: svrc@mst.edu



Check out our
website: svrc.mst.edu

MISSOURI S&T

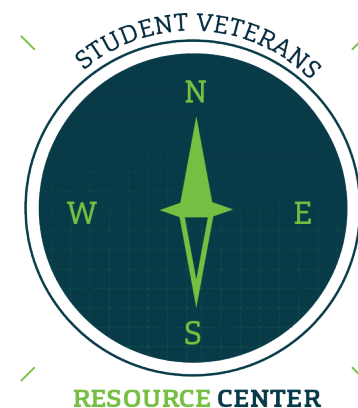


Chart Your Path to Success



M - F: 8 am - 4:30 pm
610 W. 10th St., Rolla, MO 65401
svrc@mst.edu; svrc.mst.edu

.....
Ground Floor of the
Baptist Student Union
at the corner of 10th and S. Bishop, across
from Kummer Student Design Center

SVRC Amenities

Welcome to the Student Veterans Resource Center (SVRC). This location is designed to serve student veterans and service members as they transition from military life to civilian - student life. We are here to help students succeed.

The SVRC offers:

- Study areas & wi-fi
- Visiting veteran parking spots
- S&T computers/printers
- CAC Readers at each computer
- Access to Advisor/Tutors/Consuls
- Relaxation lounge
- Wall lockers/storage
- Free snacks and coffee
- Refrigerator and microwave
- Resource Library and Guidebook
 - GI Bill
 - VA
 - Transition Assistance
 - University Programs

Our Programs

- Lunch Councils, featuring special guests from campus and around the community
- Night to Network invitation
- New Student Veteran Orientation
- Re-Spec-T Transition Assistance
- Game Nights
- Veterans Day Event: Heroes Field
- Family and social events
- Professional Development
- Graduation Recognition

Meet the Crew

Garrett Coffey, Student Veteran Advisor

573-341-6117

garrett.coffey@mst.edu

Founder of the Student Veterans Association on campus, a veteran, and an S&T alum, he enjoys his work of ensuring that veterans can reach their educational goals.



Veteran Resource Coaches

Comprised of S&T students and student veterans, the Consuls support the SVRC and its programs and they are trained to help guide others to collegiate success. Ask them about academic resources, campus offices, information on the military and more!



Back from left: Ben Bridges, Jon Parnell, Stefan Kubian, Garrett Coffey
Front: Natalie Rose, Nancy Yegerlehner

SVRC History

The Student Veterans Resource Center (SVRC) was founded in spring of 2016 through the dedicated work of the student veterans on campus and the Student Veterans Association (SVA). This initiative was implemented by the Student Veterans Association's advisor, Steve Tupper, and its then founder and president, Garrett Coffey.

The SVA was founded in 2013 to support student veterans on and off the S&T campus. In the spring of 2015, SVA was awarded a \$10,000 grant from the Student Veterans of America (of which their organization is a chapter) and Home Depot to build a veterans center on campus.

S&T supported the work of SVA and the campus service members by funding the SVRC as a permanent campus office, and by providing resources and staff. A location was established off campus, ground floor of the Baptist Student Union at 610 W. 10th Street.

The rest is history. Please feel welcome to visit the SVRC anytime.





Student Success Center

198 Toomey Hall. Mon-Fri 8:00-5:00p.m.

MISSION

The Mission of the Student Success Center is to provide Missouri S&T students with the resources they need, effective information and support as they persist in their journey toward their educational and life goals.

CONTACT US:

Email: success@mst.edu

Phone: 573-341-7590

Website:
studentsuccess.mst.edu

Social Media:
www.facebook.com/sandtssc

We Are Here To Help You Succeed!

Student Success Coaching

30 minute appointments
Aid you in the following areas & more:

Motivation
Procrastination
Time Management
Accountability
Study Skills
Test Taking
Goal Setting

Individualized Tutoring

Walk-in appointments
Free service

Tutors have to receive an A in course

Covers a variety of freshmen & sophomore level courses

Schedule posted on our website:

studentsuccess.mst.edu



Programs

Faculty Corner
Therapy Dogs
Miners in Motion
Majors & Minors
Sophomore Summit
#FirstGenMiners
Final Countdown
For more info, go to our website!

Additional Services:

- A welcoming & laid back area
- Free coffee, tea, hot chocolate
- Comfy seating
- Study spaces
- Computers

Staff:

Advisor: Jada Wan

Email: wanja@mst.edu

Phone: 573-341-7596

